

**DESCRIPTIVE ABSTRACT**

A profile for assisting in the construction of a pool floor is capable of floating or being immersed. At least one internal ballast cavity crosses the profile longitudinally. The profile has first and second ends sealed respectively by first and second end pieces having a connection arrangement through which the profile can be filled or emptied. The connection arrangement is connected respectively to first and second channels respectively opening out into upper and lower sections of the cavity. A floor constructed with such profiles moves while remaining horizontal during its immersion or emersion into and from the pool.